

# Coastside Online Meeting Guide

## Going to a Meeting

There are two ways to go to a meeting.

1. Use the Zoom app. If you have a smartphone or computer with a camera & microphone, click the “Join Meeting” link. If you don’t have it, you will be prompted to get the application. Once you have the app, it takes you into the meeting.  
NOTE: If you have trouble with it, you are not alone. Ask a techie friend for help. Let them be of service.
2. Call in.
  - a. On a smart phone, click the “one tap mobile” and it will take you through the menu.
  - b. If your phone doesn’t have the ability to do that (land line, non-smartphone), just dial the phone number and put in the Meeting ID when prompted.

NOTE: This can be printed for people who don’t have internet, but the links don’t work as well from the paper.

7:00 PM Pacific: **Monday Big Book Study** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/714641704>  
One tap mobile: +16699006833,,714641704#  
669-900-6833      Meeting ID: 714 641 704

7:00 PM Pacific: **Pescadero Group** (Pescadero)  
Join Meeting: <https://us04web.zoom.us/j/470102064>  
One tap mobile: +16699006833,,470102064#  
669-900-6833      Meeting ID: 470 102 064

7:00 PM Pacific: **Lang. of the Heart (MEN)** (Moss Beach)  
Join Meeting: <https://us04web.zoom.us/j/889723506>  
One tap mobile: +16699006833,,889723506#  
669-900-6833      Meeting ID: 889 723 506

8:00 PM Pacific: **Last Barn on the Block** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/531643496>  
One tap mobile: +17207072699,,531643496#  
720-707-2699      Meeting ID: 531 643 496

6:00 PM Pacific: **Thursday Happy Hour** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/893631455>  
One tap mobile: +16699006833,,893631455#  
669-900-6833      Meeting ID: 893 631 455

7:00 PM Pacific: **La Honda Group** (La Honda)  
Join Meeting: <https://us04web.zoom.us/j/269793161>  
One tap mobile: +16699006833,,269793161#  
669-900-6833      Meeting ID: 269 793 161

7:30 PM Pacific: **Thursday Big Book (WOMEN)** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/896097126>  
One tap mobile: +16699006833,,896097126#  
669-900-6833      Meeting ID: 896 097 126

8:00 PM Pacific: **Friday Night Group** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/685320570>  
One tap mobile: +16699006833,,685320570#  
669-900-6833      Meeting ID: 685 320 570

## Best Practices

For a better experience, here are a few things to consider.

- Headsets with microphones are better all-around.
- Mute yourself when not sharing. If you forget, the host can do it for you. Don’t take it personally. Just unmute yourself when ready to speak.
- When muted, when somebody says “I’m Joe and I’m an alcoholic...,” a handy response is to wave. You can also unmute and say hi if you want. A visible clap can substitute for saying “thanks for sharing.”
- Don’t be back-lit. Notice how you look & move where you look best. Keep background clear of distractions.
- Make sure the mic is close enough to pick you up. The further away you are, the lower the quality.
- HOST: Decide how participants can get your attention during the meeting. Will you be checking the chat window? Should they unmute themselves to speak up?

7AM Pacific: **M-F 7AM Coastside Group** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/790124889>  
One tap mobile: +16699006833,,790124889#  
669-900-6833      Meeting ID: 790 124 889  
Closed meeting. Tuesday is meditation/discussion, all others are literature/discussion.

Noon Pacific: **M-F Noon Meeting** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/966742986>  
One tap mobile: +16699006833,,966742986#  
669-900-6833      Meeting ID: 966 742 986

7:30 AM Pacific: **Saturday Eye Opener** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/558567493>  
One tap mobile: +16699006833,,558567493#  
669-900-6833      Meeting ID: 558 567 493

5:00 PM Pacific: **Saturday Night Speaker/Disc** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/254763801>  
One tap mobile: +16699006833,,254763801#  
669-900-6833      Meeting ID: 254 763 801

8:00 PM Pacific: **Saturday Night Step Study** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/161138587>  
One tap mobile: +16699006833,,161138587#  
669-900-6833      Meeting ID: 161 138 587

9:00 AM Pacific: **Sunday 3rd & 11th Step** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/346031258>  
One tap mobile: +16699006833,,346031258#  
669-900-6833      Meeting ID: 346 031 258

7:30 PM Pacific: **Sunday Coastside Talkers** (HMB)  
Join Meeting: <https://us04web.zoom.us/j/828983551>  
One tap mobile: +16699006833,,828983551#  
669-900-6833      Meeting ID: 828 983 551

**More Online Meetings:**  
<https://sites.google.com/view/bayareazoomaameetings>